

# MILTON'S MAGICAL MOUTHWATERING ICECREAM\*

**Safety:** Wash your hands before and after handling eggs and making ice-cream.

The NHS says "Because of improved food safety controls in recent years, infants, children, pregnant women and elderly people can now safely eat raw or lightly cooked hen eggs, or foods containing them, that are produced under the British Lion Code of Practice. But these groups of people should still avoid raw or lightly cooked eggs that are:

- not British Lion stamped
- not hen eggs (e.g. duck or quail eggs)
- from outside the UK

People who have a severely weakened immune system and who are on a medically supervised diet prescribed by health professionals should cook all eggs thoroughly, even eggs that have the Red Lion stamp."

<https://www.nhs.uk/live-well/eat-well/eggs-nutrition/>

## Ingredients – for different number of eggs:

1 egg	2 eggs	3 eggs	6 eggs	
100 mL	200 mL	300 mL	600 mL	Chilled double cream
42	83 g	125 g	250 g	Caster sugar
1	2	3	6	Eggs
1/6 teaspoon	1/3 teaspoon	1/2 teaspoon	1 teaspoon	Vanilla essence
10 g	20 g	30 g	50 g	OR Blended fruit

## Equipment

- 4 large bowls
- Electric mixer (or a balloon whisk plus a fitness freak)
- A tablespoon
- A freezer safe plastic tub or tubs with lids
- A freezer or freezer compartment

## METHOD – Stage 1 – Getting ready

### 1. THE MOST DIFFICULT BIT!

- a. Gently crack the eggs and separate the egg whites into one bowl and the UNBROKEN egg yolks into the other bowl.
  - i. HOW?
    1. I gently tap round the middle of the egg with a teaspoon or knife to just crack the shell.
    2. Hold the egg over the egg white bowl and gently remove the top half then either
      - a. Tip the egg yolk from half eggshell to other half egg-shell, letting the egg white run off. OR
      - b. Cup your hand over the egg white bowl and gently pour the rest of the egg into your hand. Spread your fingers a teensy-weensy bit till all the egg white has run into the bowl and you are left holding the egg yolk.
    3. Place the egg yolks together in a second bowl.
2. Pour the cream into the third bowl
3. Weigh out the caster sugar into the fourth bowl

## METHOD – Stage 2 – Creating the separate mixtures

4. Whisk the egg whites FIRST with clean mixer, until they form soft white peaks
5. If using vanilla – add to the cold liquid cream now. If using blitzed fruit, leave it till step 8
6. Now whisk the cold cream (you do not have to clean the whisk in between). Continue till you get white peaks. Do not make the cream too stiff – otherwise you will have creamy butter
7. Now add the sugar to the egg yolks and whisk to make them frothy (you do not have to clean the whisk in between)
8. Blitz your fruit to mush, if using fruit to flavour

## METHOD – Stage 3 – Magical Blending

9. Add the egg yolk – sugar mix to the whipped cream and mix in till no streaks visible
10. Add the stiff egg white, tablespoon by tablespoon, to the cream yolk mixture and fold it in until evenly mixed.
  - a. Folding in means using the tablespoon to gently mix in the egg white. I sort of scoop the bottom of the mix up with the spoon and roll it on the top of the mix and continue until it is all evenly mixed.

11. If you simply used vanilla flavour in the cream, go to stage 13.
12. If you blitzed some fruit, fold it into the creamy mix. Carry on until most of the fruit has been mixed in but you can still see coloured streaks
13. Spoon the ice cream mixture into your freezer-safe container(s) and cover with lid
14. PLACE THE CONTAINER INTO YOUR FREEZER AND LEAVE THERE OVERNIGHT.

## SERVING YOUR ICE CREAM

Take the tub out of the freezer and either:

Cut out rectangular blocks, put them in bowls and leave them for 5 minutes **OR**

Allow the tub to stand for a few minutes and then scoop out ice cream into bowls

Decorate to taste, e.g. with grated chocolate, fresh fruit etc

ENJOY

*Milton's Magical Mouthwatering Icecream test overleaf*

# Milton's Magical Mouthwatering Icecream test

Best answers from the Wizardry School Challenge (All levels, names initials only)

Q1. What would happen if you changed the mixing order or just mixed all the ingredients together in one go? (1 point)

***The ice scream would be a brick, like, cos the runny yellow eggy stuff would stop the mix becoming jubbly-bubbly. By V.C.***

Q2. What is the main ingredient in egg white and what happens when it is whipped? (2 points)

Egg white is mainly made up of a protein called albumin. The protein molecules are like little balls of string, all tightly wrapped. When mixed, the added air bubbles unravel and stretch out the protein molecule balls. This is called denaturation. The unravelled protein strings form a network that holds the air bubbles together and keeps them in place. By H.P.

Q3. Why does cold cream whip better than warm cream? (3 points)

*Double cream is a suspension of small fat droplets. The droplets are about one millionth of a millimetre in diameter and covered with a thin membrane. Because they are so small, they stay in suspension. When they are cooled the droplets form hard crystals.*

*During the whipping process, the air bubbles become surrounded by the fat droplets. The crystalline fat droplets begin to stick together and trap the water and other parts of the cream around the bubbles. This makes the cream go stiff.*

*If the cream is warm (above 15 degrees Celsius) the droplets lose their crystal structure and instead start clumping and flowing together into larger drops. It becomes harder or impossible to whip the cream. You can get creamy butter instead. By H.G.*

\*Recipe adapted from 'Easy homemade icecream' on Allrecipes -  
<http://allrecipes.co.uk/recipe/12684/easy-homemade-ice-cream.aspx>